

SEATTLE FEDERAL EXECUTIVE BOARD

PRESENTS

# COPING WITH CHANGE

*"People don't resist change, they resist being changed"*

Peter Senge

The Fifth Discipline

**May 25, 2006**

**8:30am - 4:00pm**

- Learn the difference between "change" and "transition"
- Learn how to work effectively through the stages of transition
- Learn how to let go of the old ways
- Learn how to take advantage of turbulence
- Learn how to make great new beginnings

**Speaker:**

Mary Hoagland, National ADR Manager, NOAA

Will present this workshop based on ideas of  
William Bridges, PhD.

**Location**

Federal Office Building

909 First Avenue

Room 90

Seattle, WA 98104

**Only \$100 Registration Fee**

**Reserve Your Spot Now!**

# Payment Methods

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Cancellation Policy: Understanding that unforeseen circumstances may preclude an individual from attending, refunds and cancellations will be permitted up to 10 days prior to event. However, after that date, registrations must be honored by the individual or agency involved. If you are unable to attend, substitute attendees are authorized and encouraged!

You may mail or fax the above form to:

Seattle Federal Executive Board  
915 Second Avenue, Room 2942  
Seattle, Washington 98174  
(206) 220-6171 phone  
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[seattlefeb@gsa.gov](mailto:seattlefeb@gsa.gov)  
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